

October 2010

# THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



[www.calapple.org](http://www.calapple.org)

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## RECIPES FOR HEALTHY KIDS

Let's Move!, in association with the U.S. Department of Agriculture (USDA), is challenging school nutrition professionals, chefs, students, parents, and community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country.

Participants will form teams, develop, document, and prepare at least one healthy recipe in one of three categories (Whole Grains, Dark Green and Orange vegetables, or Dry Beans and Peas). Their creations will be served in the school's cafeteria, and rated by students. Fifteen semi-finalist teams will have their recipe evaluated by our judging panel during events held at their school, and the top three teams will compete in a national cook-off to determine the grand prize winner! Semi-finalists' recipes will also be posted for online voting by the public to determine a Popular Choice Winner. Winning teams will be invited to prepare their nutrition-packed meals alongside White House chefs. To learn more visit: <http://www.recipesforkidschallenge.com/>

## James Garfield Phoenix Academy #31

Exciting activities are taking place at Indianapolis School's James Garfield Phoenix Academy #31. This is their first year on the program, and they are successfully implementing the FFVP with classroom activities. The fresh fruit and vegetable program is being used as a "pick-me-up" snack after special activities such as physical education, music, art, and library classes. Mr. Crawford, physical education/wellness department, is promoting the fresh fruit and vegetable of the day in his morning video announcements. Presented in the morning broadcast are interesting facts about the fruit or vegetable of the day. As illustrated in the pictures to the right, teachers are using the program for research projects to make a fun lesson plan for the kids to learn about how to research and find new facts about fresh fruits and vegetables. Way to go James Garfield!



Contact Sarah Kenworthy at [skenworthy@doe.in.gov](mailto:skenworthy@doe.in.gov) to be featured in the next FFVP Buzz.

## Happy Healthy Halloween

Check out Nourish Interactive for a listing of holiday themed activities and bookmarks. These activities and bookmarks are free to download and print for teachers. Put these activities in the children's fresh fruit and vegetable baskets or use these during a lesson plan to help promote healthy holidays.

[http://www.nourishinteractive.com/hco/free\\_printables/kids\\_free\\_bookmarks\\_printable\\_coloring\\_pages](http://www.nourishinteractive.com/hco/free_printables/kids_free_bookmarks_printable_coloring_pages)



## Elkhart Community Schools

Hello Nicole (Elkhart's FFVP main contact),

We've been on this FFVP for about two weeks and I'm just so excited about the great experience our children are having! So far, with the blueberries and bell peppers, about 75% were trying them for the first time. Almost all of the children loved them! Today, I read the list of snacks that are to come and the children got so excited.

I grew up underprivileged and understand how much it means to eat fruit and veggies that aren't normally affordable. I teach the health benefits as I serve them, along with the info that is provided. I know we are giving them experiences that are going to make them healthier individuals in the future. Thank you!

**Mrs. Jessica Saiya**

4th grade teacher

Mary Beck Elementary

## Join Indiana in Celebrating National School Lunch Week

The Indiana Department of Education challenges Indiana schools to increase the number of students receiving nutrition meals. Step up to the challenge during National School Lunch Week by participating in our contest. The school building with the highest percent increase in NSLP participation during National School Lunch Week will be named the 2010 Indiana NSLW Champion.

### How to Participate

- Cafeteria Managers will record their total lunches served the week before National School Lunch Week (October 4-8, 2010) and will record their total lunches served during National School Lunch Week (October 11-15, 2010). The school building with the highest percent increase in NSLP participation during National School Lunch

Week will be named the 2010 Indiana NSLW Champion.

- NSLP participation will be tracked using the [NSLW Contest form](#). Each school building must turn in a NSLW contest form for their cafeteria by **Friday, November 5, 2010**. The challenge is based on school building and not School Corporation. (You must also send a report to validate the meals claimed for that period. For schools that do not use a computer system, send a copy of the tracking records used at your school.)

[Click here](#) to learn more about our contest!



Celebrate National School Lunch Week (NSLW) with the School Nutrition Association's SCHOOL LUNCH: WHAT'S ON YOUR TRAY? Campaign!

## After School Snack Toolkit

Afterschool snacks are especially important when students have an early lunch period and when their evening meal may be delayed or of poor quality. The good news is that the National School Lunch Program (NSLP) can help you fill the gap between students' lunches and evening meals and fill it with reimbursable, nutritious afterschool snacks. With this new *Afterschool Snacking Toolkit*, the School Nutrition Association (SNA) and Kraft Foodservice provide everything you need to know to start a new afterschool snack service or to enhance your existing afterschool snack offerings:

[http://www.schoolnutrition.org/Level2\\_AfterSchoolSnack.aspx?id=13952](http://www.schoolnutrition.org/Level2_AfterSchoolSnack.aspx?id=13952)

## Youth Garden Grants

NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. Priority will be given to programs that emphasize one or more of these elements: educational focus or curricular/program integration, nutrition or plant-to-food connections, environmental awareness/education, entrepreneurship, social aspects of gardening such as leadership development, team building, community support, or service-learning. **Who should apply:** Schools throughout the United States are eligible. Applicants must plan to garden with at least 15 children. Check out the website for more information on this grant:

<http://www.kidsgardening.com/YGG.asp>

## Yellow and Orange Fruits and Vegetables

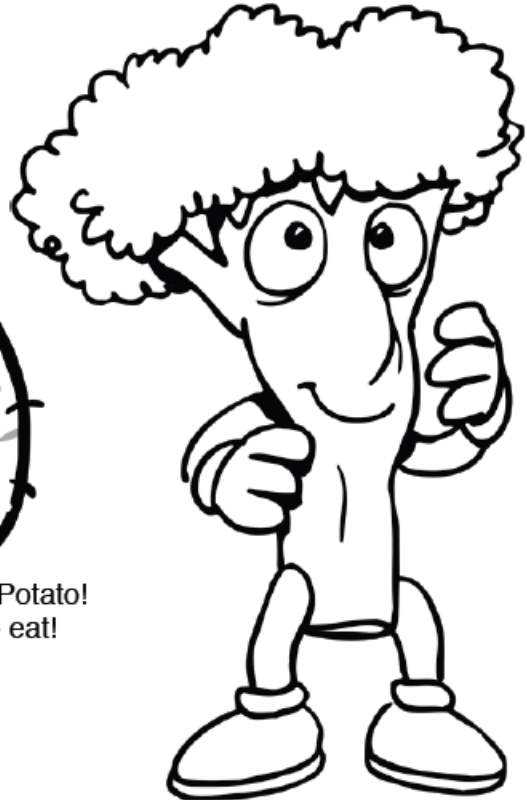
Orange and Yellow Fruits and Vegetables give you lots of vitamin A  
Oops, one vegetable that is full of vitamin A but he is not orange has snuck in!  
Can you find him?



Hi! I am a Carrot!  
I help you see at night!



Hi! I am a Sweet Potato!  
I taste sweet to eat!



Hi! I am a mighty Broccoli.  
Eat me to be strong like a tree!



Hi! I am a Pumpkin!  
I'm a Halloween favorite!



Hi! I am a Banana Squash!  
I help you fight infections!



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games,  
healthy eating tips, exercise and healthy goals and food diary and more!

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## Frutas y Vegetales Amarillos y Anaranjados

Las Frutas y Vegetales Amarillos y Anaranjados te dan mucha vitamina A  
¡Ayy, uno de los vegetales que está lleno de vitamina A pero que no es anaranjado se ha colado! ¿Puedes encontrarlo?



¡Hola! ¡Soy una zanahoria!  
¡Te ayudo a ver por la noche!



¡Hola! ¡Soy una batata!  
¡Soy muy dulce para comer!



¡Hola! Soy el poderoso brócoli.  
¡Cómeme para ser tan fuerte como un árbol!



¡Hola! ¡Soy una calabaza!  
¡Soy una favorita para Halloween!



¡Hola! ¡Soy un calabacín!  
¡Te ayudo a luchar contra las infecciones!

Visita [www.ChefSolus.com](http://www.ChefSolus.com) para hojas de trabajo imprimibles para niños,  
juegos de educación de nutrición, rompecabezas, actividades y más

